

The BRIDGE

New Student Program Magazine



Fall/Winter 2009/2010
newstudent.concordia.ca



THINKING
ABOUT
FITNESS



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PURE FITNESS



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Website: newstudent.concordia.ca

Phone: 848-2424, ext. 4330

Fax: 848-2814

Note: All phone and fax numbers are in the 514 area code unless otherwise indicated.

We welcome contributions from the university community, but please query us first. Contact the editor at bridge@alcor.concordia.ca

Editor: Marlene Gross

Layout and Design: Pearl Ostroff

Proofreader: Pearl Ostroff

Contributors: Stephanie Bokenfohr, Harley Cooper, Juliet Dunphy, Marlene Gross, Kristy Heeren, Christine Kalil, Mariam Masud, Prince Ralph Osei, Shelagh Peden, Rose Wangechi

While every effort is made to provide factual information, mistakes do sometimes occur. In the event of any discrepancies between the information printed in *The Bridge* and the information printed in the 2009/2010 Undergraduate and Graduate Calendars, the Calendars shall be deemed correct. For information of a critical nature such as dates, payments and refund of fees, etcetera, all students should check with Birks Student Service Centre or the aforementioned Undergraduate and Graduate Calendars to be certain that the information is correct.



Marlene Gross

Student Success Mentors 2009/2010

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From the Editor

Making Connections, Enlarging Your Network



University is all about making connections, and the more successful your connections, the more successful and enjoyable your university experience is likely to be. It is so important for students to establish strong, positive connections within the university community, both inside and outside the classroom, and to do so as early as possible. Whether you are in your first term or are part-way through your first year, now is the best time to make those connections.

With this in mind, we have dedicated this issue of *The Bridge* to helping you make the kinds of connections that will assist you in your transition to university and contribute to a successful experience at Concordia, not only in your first year, but throughout your years at university and beyond into your professional lives.

Recognizing the important impact relationships with peers can have, one of the key connections you will want to make at Concordia is with the Student Success Program Centre (there's one on each campus) and the Student Success Mentors who work there. You can meet this year's team of Student Success Mentors and learn more about the Student Success Program Centre in our feature article "Developing Your Success Network."

Too often, students do not take advantage of the resources available, either because they haven't learned about them or they don't realize how beneficial they can be. By establishing a relationship with the Student Success Program Centre and the mentors, you will have access to information and services which have been developed specifically to help you achieve your academic, personal and career-related goals. Don't be one of those students who, in their second or even third year claim: "I wish I had known about this sooner!" Connect with the mentors now—and be "in the know."

Besides the mentors, there are other student groups that can enhance your university experience. In this issue of *The Bridge* you will also learn more about the Concordia Student Union (CSU), the Graduate Students' Association (GSA) and some of the other major student groups on campus. All of these groups and associations offer a variety of excellent services, as well as exciting opportunities for you to get involved and, through that involvement, meet new people and develop new skills.

Besides peers, you will want to include faculty members and staff, as well as alumni in your network. These people can help you connect better with your courses, your chosen field of study, and your professional aspirations. You may also benefit from establishing connections with special interest groups where you can meet people who share your concerns and passions.

To help you get started on developing a strong and supportive network, we have included articles such as "Connect to Your Learning," "The Concordia University Alumni Association: A Winning Combination and Life-long Relationship," and "Concordia University Student Parent Centre: Building Support for Student Parents."

We hope you will find the articles that pertain to you of great interest, but we also hope you will take the time to read all of the articles, even those that appear to be directed to other groups of students. Further, we hope this issue of *The Bridge* will motivate you to explore many of the other groups and resources on campus with which you can connect and from which you can benefit. By doing so, you will get to know more about Concordia as a whole and enjoy a greater appreciation for the diversity of students and services that contribute to this university's energy and value.

Marlene Gross

Concordia Student Union

30 years Representing and Connecting Students

by Prince Ralph Osei, VP Services & Loyola (CSU) and
Student in the Faculty of Arts and Science (Psychology/Political Science)

On behalf of the Concordia Student Union (CSU), hello and welcome to our great Concordia community. The CSU represents the 30,000 plus undergraduate students that fill our hallways every day. The CSU's duty is to represent each and every one of you by voicing your opinions about the happenings both inside and outside the university and by working tirelessly to support, fight for and uphold sustainable initiatives and accessible quality education.

We are celebrating 30 years of representing students, defending the rights of students, being a voice for the student body, fostering a strong sense of community and taking pride in the multi-cultural nature of our student body.

CSU Priorities for 2009/2010

This year promises to be both exciting and historic. If you are a Concordia student now, you will be a witness of history being made in this institution. First on our list of priorities is the celebration of the 30th anniversary of the CSU. From its early days as the Concordia University Student Association to its current role and name as the CSU, we are celebrating 30 years of representing students, defending the rights of students, being a voice for the student body, fostering a strong sense of community and taking pride in the multicultural nature of our student body. Many activities have been planned to celebrate this milestone year, such as the Fall Homecoming Ball.

Second on our list is democratic and governance reform. Like any other institution that wants to remain current and relevant, there comes a time when a re-evaluation of the entire structure is in order; the CSU is undertaking this daunting task this year and is ready to initiate sweeping reforms in our democratic structures. We want the average student to be part of this process and will need your help to accomplish our goals.

Third and most important is the construction of our Student Centre. We are working tirelessly to ensure that by the end of our mandate, students will have purchased a lot for construction to begin.

The CSU has come a long way to reach its present status as one of the most vocal and prominent student unions in Canada.

Adding Value to Your Student Life Experience

The CSU promotes a vibrant student experience on both campuses, helping to make your years here the most exciting years of your lives. We are famous for our fabulous orientations. This year's two-week, fun-filled orientation in September themed "Here We are, Now Entertain Us", continued the tradition as one of Concordia's largest attractions and maintained its status as Canada's biggest orientation. The CSU winter orientation every January always adds a little "heat" to the Montreal winter.

Our annual Speaker Series, where top-notch speakers are invited to share their knowledge with Concordia students, gets bigger and better every year. This year's line up includes two Nobel Peace Prize winners, the first being the 2004 Nobel Peace Laureate Dr. Wangari Maathai, who is also the first African woman to receive this honour, and the second being the 2003 Nobel Peace Laureate, Shirin Ebadi, an Iranian lawyer renowned for her efforts to promote democracy and human rights.

Over the years, CSU services have constantly evolved to meet the needs of all Concordia undergraduates. Among the essential services we currently offer are free vegan lunches on the Loyola campus, free phones on the 7th floor of the Hall building on the SGW campus, the CSU Legal Information Clinic, the CSU Student Advocacy Centre, the CSU Off-Campus Housing and Job Bank (commonly referred to as “HOJO”), the CSU 101 seminars, a tutoring database and last but not least, the Inter-faculty Book Exchange which takes place during the first two weeks of the fall and winter semesters.

In our quest to promote a green environment, we will also be working with both the university and the City of Montreal to green Mackay Street next summer. This initiative involves closing the street to traffic next summer to give it back to pedestrians.



Courtesy of CSU

CSU Executive Team: Front, L-R: Kristen “Birdie” Gregor, Amine Dabchy, Stephanie Siridwardhana, Sam Moyal; Back, L-R: Prince Ralph Osei, Helen Downie, Auob Muntasar and John Kyras

Introducing Your Executive Team

This year, the CSU is led by a team of diverse, multicultural and committed individuals who will be working around the clock to ensure that every moment you spend here is memorable and exciting. We take pride in the fact that the diversity of the CSU executive is representative of our student population.

Happy to lead the team is our President, **Amine Dabchy**, originally from Morocco. Amine is the official spokesperson for the union and ensures that the CSU continues to represent the very interests of all its students. He oversees the activities of each executive member and sits on most university bodies as the students’ representative. Drop by during our “Coffee Time with Dabchy” and chat him up.

Your go-to-guy this year is our VP Services and Loyola, **Prince Ralph Osei**, from Ghana. Prince is more than willing to take the time to ensure that you have the right information about the services that the CSU provides such as the Speaker Series, the 101 fun classes, and so much more. Got any ideas for Loyola or need help with anything Loyola-related? Come in to see Prince.

This year, the CSU is led by a team of diverse, multicultural and committed individuals who will be working around the clock to ensure that every moment you spend here is memorable and exciting.

Kristen “Birdie” Gregor is our VP Student Life, which means she is the embodiment of fun that the CSU represents. Originally from Nova Scotia, she is a student in Fine Arts and is responsible for our fall and winter orientations, Halloween party, spring break New York trip and all the fun stuff. Birdie will be throwing great concerts, movie nights and parties that appeal to the diversity of our students, events that will definitely keep our student life vibrant.

Keeping the books in order is our VP Finance, **Sam Moyal**, also originally from Morocco. A student in International Business, Sam is responsible for the bi-weekly update of the day-to-day finances of the union on the CSU website. He manages the close to \$2 million of student money ensuring that every single penny is well-spent and accounted for.

In charge of the over 70 clubs and associations is our salsa dancing VP Clubs and Promotions, **Stephanie Siridwardhana**. Steph is a mix of cultures: part Sri Lankan, Lebanese and Italian. She is responsible for each and every club, ensuring that clubs meet the needs of their members; she also allocates the club budgets. Steph worked on producing the free CSU handbook, which comes with a handy day-planner and other valuable information about our university and union. The handbook is available for pick-up at the CSU offices.

Helen Downie, our VP Academic and Policy Reform, has the daunting task of initiating the debate on governance and democratic reforms. Helen, an honours student in Political Science and a Quebec native from the Eastern

townships, is also responsible for all academic-related issues. She sits on the University Senate, the highest academic decision-making body. But there's a fun side to Helen, too – her involvement in the Fall Homecoming Ball of the CSU is evidence of that.



CSU orientation event on the Loyola campus

Courtesy of CSU



Clubs Fair: Got an interest? Need a new one? Join a club!

Courtesy of CSU

The CSU representative on all external bodies such as the Quebec Federation of University Students (FEUQ) and Canadian Federation of Students-Quebec (CFS-Q), is our able bodied VP External, **Auob Muntasar**. Originally from Libya, Auob grew up in Montreal and is fluently bilingual. Auob is working on our diverse campaigns including the municipal elections, the Concordia "We Value" campaign, better funding for quality education in Quebec, Black

CSU Services to Enhance Your University Experience

Free Hot Loyola Luncheon

For anyone on the Loyola campus, drop by at the Hive (SC 115) Monday to Friday, noon to 1.30 p.m. for a free vegan meal.

Off-campus Job & Housing Bank (HOJO)

Your number one stop if you are looking for a job, an apartment or a roommate. For landlord and tenant related issues, our well-trained staff are there to answer all your questions.

Website: hojo.csu.qc.ca

Legal Information Clinic

The only clinic on campus that gives free, legal information on immigration, consumer and discrimination issues.

Website: legalclinic.csu.qc.ca

Student Advocacy Centre

The place to seek help from well-trained student advocates if you are accused of an academic offense such as plagiarism; we can help you be informed of your rights and more.

Website: advocacy.csu.qc.ca

Free Phones

To make local calls, drop by the 7th floor of the Hall building and use one of the many free phones. Students at the Loyola campus should have a similar service once renovations are complete.

Food and Clothing Bank

For any student who wants to donate food and clothing to fellow students in need, please drop them off in the CSU downtown office. Going through hard times? Don't worry, the CSU is there to help you out. Drop by and speak to the VP Services or a coordinator to receive clothes and food items.

I Volunteer Program

Database of student volunteers ready to engage and contribute to the Concordia community and Montreal as a whole. To get involved as a volunteer, check out the CSU website under "Services."

Website: csu.qc.ca

CSU 101's

These are 6-week-long fun and interactive classes offered at minimal cost to students every semester. From photography to yoga, wine tasting to bar tendering, CPR training to many more.

Website: 101s.csu.qc.ca

And More

Drop by the CSU offices; we've got cheap faxing, copiers, and computers for immediate use and printing, as well as many more goodies for free.

History month, Peace month and a host of interesting events.

Last but of equal importance is **John Kyras**, VP Projects and Sustainability. Like Steph, John is a mix of cultures: part Mexican, Greek and German. John is responsible for the dossier of our soon-to-be Student Centre. A student in engineering, John will be working toward the purchase of the lot for construction of the centre. He is also responsible for ensuring sustainable measures and practices within the CSU and its affiliated clubs and associations. John continues to organize his weekly coffee breaks with members of Sustainable Concordia and the Sustainability Action Fund to ensure that the three bodies are on the same page in issues related to sustainability.

This year's 30th anniversary celebration presents huge opportunities for students of all faculties to get involved in shaping the Concordia Student Union's future.

Opportunities Abound so Get Involved

The CSU has come a long way to reach its present status as one of the most vocal and prominent student unions in Canada. Interested in sitting on a university body? Look us up. For those who want to get involved with the CSU Council of Representatives, there are many seats on most committees so check out the website and apply. The CSU is also a significant employer of students on campus, so if you are looking for an on-campus job, check us out first. Looking for fun and networking opportunities? There are more than 70 clubs and associations that fall under the CSU, as well. These represent avenues for you to discover new hobbies, build on old ones and meet new people.

This year's 30th anniversary celebration presents huge opportunities for students of all faculties to get involved in shaping the Concordia Student Union's future. Join the celebrations. Enhance your university experience by meeting new people, checking out great events and making the right connections. Once again, welcome and enjoy the best years of your life!! ★

Concordia Student Union (CSU)

Website: csu.qc.ca

Email: info@csu.qc.ca

SGW Campus

Location: 1455 de Maisonneuve Blvd. W., H 711

Phone: 848-7474

Loyola Campus

Location: 7141 Sherbrooke St. W., SC 115

Phone: 848-7474, ext. 5809



Executive Team

Amine Dabchy, President
president@csu.qc.ca

Sam Moyal, VP Finance
finance@csu.qc.ca

Kristen "Birdie" Gregor, VP Student Life
studentlife@csu.qc.ca

Prince Ralph Osei, VP Services & Loyola
services@csu.qc.ca
loyola@csu.qc.ca

Helen Downie, VP Academic & Policy Reform
academic@csu.qc.ca

Stephanie Siridwardhana, VP Clubs & Promotions
clubs@csu.qc.ca
communications@csu.qc.ca

John Kyras, VP Sustainability & Projects
projects@csu.qc.ca
sustainability@csu.qc.ca

Auob Muntasar, VP External
external@csu.qc.ca

FINDING YOUR WAY AT CONCORDIA

Concordia is a large multicultural urban university. In such a diverse community, you may have questions, concerns, or problems to solve. Two offices on campus can help you find your way around, prevent and sort out various problems and make sure that the university treats you fairly.

Ombuds Office

Working with students to resolve any university-related concern or complaint is what the Ombuds Office is all about. We can provide you with information and advice about resolving problems and conflict. We can refer you to others in the university who can assist you. When the usual avenues for grievance and appeals have been exhausted, we can investigate claims of unfair treatment and can act as a mediator in negotiating a solution. The Ombuds Office is independent of all university structures. All requests are dealt with on a confidential basis.

Ombuds Office

848-2424, ext. 8658

ombuds@alcor.concordia.ca

www.concordia.ca/ombuds

Office of Rights & Responsibilities

Most students graduate from Concordia without any unpleasant incidents to worry about. But it does sometimes happen that a student gets entangled in a conflict with another student, a professor or staff person, or becomes the target for such behaviour as sexual harassment, discrimination or threats. Help is at hand. The Advisor on Rights and Responsibilities provides information, advice and support, explains options for resolving the problem and helps you through the steps you choose to take. All in complete confidence.

Office of Rights & Responsibilities

848-2424, ext. 4857

advisor@alcor.concordia.ca

www.concordia.ca/rights

Remember

Don't be shy to ask for information or guidance.

The sooner you ask, the easier it will be to resolve problems.

Both offices are open from 9 am to 5 pm. Evening appointments can be made on request.

Nos services sont également offerts en français.

Ombuds Office

Office of Rights & Responsibilities

1550 de Maisonneuve West, Suite 1120

The Concordia University Alumni Association

A Winning Combination and Life-long Relationship

by Rose Wangechi, Alumni Officer, Student Programs (Advancement & Alumni Relations)

As a Concordia student, you can be certain that the next few years will present you with both challenges and exciting learning opportunities. There is so much to experience and discover. You have access to many on-campus resources and services that can help you grow on a personal level and contribute to your professional development.

Spice up your campus life by taking part in Alumni student programs!

The Concordia University Alumni Association (CUAA), in close collaboration with the Advancement and Alumni Relations Office, provides students with several events and activities that not only help facilitate the transition to your professional career but are also lots of fun. Spice up your campus life by taking part in Alumni student programs!

Alumni Student Programs— Tailor Made for You

Concordia Alumni Student Ambassadors
alumni.concordia.ca/caast

Join the Concordia Alumni Student Team otherwise known as C.A.S.T., and play an integral role on campus and in the community. C.A.S.T. student ambassadors plan events and programs that strengthen ties among prospective students, alumni and the university community. You'll meet interesting people and develop your leadership and interpersonal skills, as well.

Backpack-to-briefcase Series
alumni.concordia.ca/b2b

It's never too soon to jumpstart your career and there's no better way than making sure you have the skills you'll need to be a successful professional. Take part in these fun and informative workshops that will help build your interpersonal and networking skills. There are several workshops available, ranging from business dining etiquette to networking.

Dinner for Eight

alumni.concordia.ca/dinnerfor8

How does a free dinner with other students and Concordia alumni sound? The Dinner for Eight program allows you to participate in a networking dinner hosted by successful alumni. Savour a tasty meal that includes a side order of valuable career advice. Reserve your seat at the dinner table today!



Howard Kay

Dinner for Eight Students Gain Insight

l-r: Di Xu, M.A. (Mathematics); Anjelika Bykadorova, B.Comm. (Finance); Seyedmohsen Najafi Marzbali, M.A.Sc. (Mechanical Engineering); Lucie Frechette, alumna host; Myriam Dimanche, B.Comm. (Finance); Chester Ntonifor, B.A. (Honours Economics); Shan Yang, B.Admin. (General Administration); Enaefe Oniovosa, B.Comm. (Economics)

Free Coffee Study Breaks at Exam Time

alumni.concordia.ca/coffee

At the end of the fall and winter terms (usually in December and mid-April to mid-May) you'll be busy

Advancement and Alumni Relations Office

Website: alumni.concordia.ca
Location: 1250 Guy St., FB 520
Phone: 848 2424, ext. 4856
Email: alumni@concordia.ca



Ryan Blau

Students and Concordia alumni mentors enjoy networking tips provided by Gerry Hughes (Director of Career Management Services). The seminar was part of the Career Speed Networking event held in October 2009, one of the Concordia Mentor Program annual events.



Ryan Blau

Nicolas Dang (B.Comm. 2004) shares career advice with student Min Liu.



Michael Perl

Students learn job hunting skills from the employer's point of view at a recent Backpack to Briefcase workshop facilitated by Cass Simons, an executive recruiter.

studying for and writing your end-of-term exams. Good study habits include breaks. So remember to take a much-needed study break and while you do, enjoy free coffee and snacks provided by the CUAA. You'll find us at the Webster library on the Sir George Williams campus and the Vanier library on the Loyola campus.

C.A.S.T. student ambassadors plan events and programs that strengthen ties among prospective students, alumni and the university community.

Annual International Students' Holiday Dinner alumni.concordia.ca/holidayparty

There's no reason to miss out on a holiday dinner just because your family is far away. Be a part of the Concordia family. Every December, Concordia hosts an annual holiday celebration that brings together its international and out-of-province students. Shake off those winter blues and join the party!

Funding for Student Projects alumni.concordia.ca/projects

The CUAA encourages and supports student involvement on campus. Every year, the CUAA funds various student projects on campus with grants of up to \$500. If you have a bright idea that requires funding, we'll help you get started.

Concordia Mentor Program alumni.concordia.ca/mentor

Through the Concordia Mentor Program, you'll get one-on-one career advice from Concordia alumni who are seasoned professionals. They'll share their career challenges and successes and dispense sound advice.

Join a Growing Family

When you graduate, you automatically become a member of the CUAA and join a growing family of more than 154,000 alumni. But you don't have to wait until then to participate in our student programs. Check our events calendar today! Good luck and see you soon! ★

Engineering and Computer Science Association

Building Bridges between Classroom, Campus and Community

by Christine Kalil, VP Sports & Competition (ECA) and
Student in the Faculty of Engineering and Computer Science (Mechanical Engineering) and
Harley Cooper, VP Academic (ECA) and
Student in the Faculty of Engineering and Computer Science (Software Engineering)

The transition to university can be tough. Many students struggle to find a balance between academic achievement and involvement in their university's social life. Even though you are in contact with hundreds of students every week in your classes, it can still be hard to find interesting ways to have fun and meet new people. If you are a new student in the Faculty of Engineering and Computer Science (ENCS) looking for ways to have fun, enjoy a little competition, get help with school work, give back to the community and most importantly make some friends, then you need not look any further than the ECA.

ECA stands for the Engineering and Computer Science Association and it represents all ENCS undergraduate students. The ECA offers a wide range of events that encourage participation from all members of the student body, regardless of their social or academic interests.

**Last year the ECA
donated twenty
thousand dollars to
the Montreal Children's
Hospital Foundation**

Your Link to the Faculty

The ECA is responsible for acting as a link between the students and the faculty of the ENCS departments. We take students' feedback regarding such things as curriculum, printing quotas, and tutorials to the Dean and other departmental heads so that they understand the students' perspective related to academic issues.

The ECA also works in conjunction with the faculty to make sure that students are well informed about services available to them such as Tutors on Duty, a program which aims to help undergrads enrolled in first- and second-year courses by providing targeted homework help at specific times.



Students enjoying ECA frosh

Courtesy of ECA



ECA frosh—where students bond

Courtesy of ECA

The ECA is also in charge of the Iron Ring Ceremony, the engineering graduates' rite of passage into the world of engineering and the Order of Engineers of Quebec.

Legendary Social Events

The ECA hosts many different social events throughout the year such as frosh, a week-long themed event. This year's theme was pirates and the week was filled with barbeques, a boat bar which was designed and built by students, a corn roast, a comedy night, a pub crawl and

Engineering and Computer Science Association

Website: eca.concordia.ca
Location: 1455 de Maisonneuve Blvd. W., H 838
B-Lounge: 2160 Bishop
Phone: 848-2424, ext. 7408
Email: eca@ecaconcordia.ca

Executive Team

Marc Lindstrom, President
Tea Music, VP Internal
Athena Fotiou, VP External
Harley Cooper, VP Academic
Raymond Taza, VP Marketing & Communications
Victoria Kessler, VP Social Events
Ali Al-Ahmad, VP Finance
Christine Kalil, VP Sports & Competition

Engineering Societies

American Society of Heating, Refrigerating, and Air Conditioning Engineers
ashrae.eacaconcordia.ca
Concordia Society for Civil Engineering
csce.eacaconcordia.ca
Canadian Society for Mechanical Engineering
csme.eacaconcordia.ca
Concordia University Building Engineering Society
eca-cubes.info/cubesv2
Digital Media Student Association
dmsa.concordia.ca
Engineers Without Borders
concordia.ewb.ca
Institute of Electronic and Electrical Engineers
ieee.concordia.ca
Institute of Industrial Engineers
iie.eacaconcordia.ca
National Society of Black Engineers
nsbe.eacaconcordia.ca
Software Engineering and Computer Science Society:
scs.eacaconcordia.ca
Society of Automotive Engineers
www.concordiasae.ca
Women in Engineering
wie.eacaconcordia.ca

a day at La Ronde. The ECA is also famous for parties like DUSTED, the end of year ball, and the Molson Banquet, for which tickets sell out within hours.

But it isn't just about parties. The association also hosts sporting events such as a bowling night, paintball, a ski trip, and Toilet Bowl—a football game played in March. On top of all this there are also a lot of academic engineering competitions which challenge students to demonstrate their

design abilities, programming skills, theoretical knowledge, debating skill and creativity all while competing against engineering students from other universities nationwide.

The ECA is also fortunate enough to have a student lounge located in the B-annex that is open Monday through Friday from 10 a.m. – 5 p.m. There you can find a wide variety of snacks, drinks, board games, an Xbox 360, and a foosball table. The lounge is a great place for students to hang and socialize with peers.

Giving Back to the Community

The ECA also steps outside of its student base to reach out to the community. The ECA even has its own charitable organization ECAid. ECAid raises money for a charity of choice by organizing events pertaining to engineering students. Money is raised by several means, including \$1 beer sales during Lizard Lounges, held every Friday from 5 to 8 p.m. at Reggie's, the student-run pub in the Hall building. There are also 50/50 raffles, comedy nights and much more. Last year the ECA donated twenty thousand dollars to the Montreal Children's Hospital Foundation and sponsored a miracle hour during their annual radiothon, which was aired on Virgin 96, Chom 97.7, and CJAD 800 AM.

The ECA also hosts two annual blood drives and encourages its members to demonstrate their compassion and concern for those in need. Engineers Without Borders, a society operating under the ECA, helps students to partake in a once-in-a-lifetime opportunity to volunteer abroad in humanitarian work. National Society of Black Engineers (NSBE), another society under the ECA, prepares shoe boxes filled with toys, tooth brushes, soap and candies, and sends them to children in Africa at Christmas time.



Courtesy of ECA

Students at the End of Year Ball

Executives, Volunteers, Societies, and Competing Teams

There are so many different ways to become involved in the ECA. There are eight different executive positions on the ECA, 12 affiliated societies and the Engineering Games. For more information, check out the ECA website or drop by the office and make a connection that will add a spark to your university years. ★

Arts and Science Federation of Associations

Social and Academic Aspects Colliding

Submitted by ASFA

ASFA is the Arts and Science Federation of Associations, and our main purpose is to represent the nearly 18,000 undergraduate students studying in the Faculty of Arts and Science at Concordia. The needs of Arts and Science students are what matter to us the most. We want each student's time at Concordia to be an unforgettable experience and as stress free as possible.



Courtesy of ASFA

ASFA Executive Members: front, l-r: Dane Perera, Amir Sheth, Arndell LeBlanc; back, l-r: Audrey Depault, Heather Lucas, Leah Del Vecchio, Adrien Severyns

There is more to university than just attending classes and ASFA is there to ensure that the students in the Faculty of Arts and Science experience the many diverse aspects of Concordia. ASFA provides students with social activities as well as academic services for their benefit. We also fight for

student rights in many different ways. Another important goal is for ASFA to remain as financially transparent as possible given we operate on a budget provided through student funds.

ASFA provides students with social activities as well as academic services for their benefit.

ASFA is There to Help You Have Fun

While reading this article you may wonder how ASFA affects your life at Concordia. For starters, we plan the biggest FROSH of any faculty for new students who come to Concordia. If you ask students who have participated in an ASFA frosh, they will tell you it is an unforgettable experience.

One of the easiest ways to make the most of your ASFA connection is by joining the member association of your specific department.

Not only do we plan the biggest frosh at Concordia, but we also plan many social events throughout the year that are open to everyone. One event that really stands out is the ASFA New York trip, where we take students from Concordia to New York City for a couple of days during the February mid-winter break—and we always have a great time. And for all the die-hard Montreal Canadiens fans, every Thursday you can join other fans at Reggie's, Concordia's student pub, to watch the game and support the team.

ASFA is There to Help You in School

The social aspect of ASFA is only one aspect, however, because we are also there for you academically. Every year ASFA organizes a book exchange where students can come and buy books at prices that they can better afford. This tradition has helped many students save a lot of money which is always a plus. ASFA also provides representation for Arts and Science students on various committees ensuring that your academic rights are not only fairly represented, but also protected.

To get you thinking and keep you up to date on issues that matter, look out this year for the various speakers ASFA will be bringing from around the world to give interesting talks on various global issues. Another exciting, new

Arts and Science Federation of Students (ASFA)

Website: www.asfa.ca/

Location: 2070 Mackay, EN 400

Phone: 848-2424, ext. 7966

Email: info@asfa.ca



Executive Team

Leah Del Vecchio, President
president@asfa.ca

Audrey Depault, VP Finance
finance@asfa.ca

Heather Lucas, VP Internal
internal@asfa.ca

Dane Perera, VP Academic
academic@asfa.ca

Amir Sheth, VP Social
social@asfa.ca

Adrien Severyns, VP External and Sustainability
external@asfa.ca

Arndell LeBlanc, VP Communications
communications@asfa.ca

initiative to watch for this year is ASFA Greek Week—a full week dedicated to sustainability in various ways. To learn about what is going on with ASFA, check the website, which is updated constantly or look for posters all over campus advertising events that are coming up.

**One thing about ASFA
that we have always
stood by is our open-
door policy.**

How Can You Get Involved in ASFA?

The next thing you are probably wondering while reading this article is how you can become involved in ASFA. Well the good news is you are already involved with ASFA if you are enrolled in courses offered through the Faculty of Arts and Science. Even if you are enrolled in just one or two Arts and Science classes, you are entitled to take advantage of the social and academic events that ASFA provides.

**ASFA also provides
representation for Arts
and Science students
on various committees
ensuring that your
academic rights are not
only fairly represented,
but also protected.**

One of the easiest ways to make the most of your ASFA connection is by joining the member association of your specific department. This is a great way to meet new people in your department and get updated on all the events that go on in your department, your faculty and ASFA.

One thing about ASFA that we have always stood by is our open-door policy. If you have questions or ideas you want to share with us, the office is ready to welcome you. We are always open to new ideas and suggestions. We are looking forward to working with you and hopefully meeting you this upcoming year. ★

Sharing Values across Campus

by Mariam Masud and Shelagh Peden, Members of the We Value Committee

Life in the 21st century can be quite hectic, and amid the chaos of it all there is a growing sentiment that people aren't as polite or as considerate as folks once were. In fact, sometimes people behave in ways which seem downright rude.

The We Value campaign strives to recognize the many players that make up this university and encourages an appreciation for all positions and contributions.

This situation may be compounded in an organism as large and multi-faceted as a university, which requires every individual within it to maintain multiple relationships. For example, someone studying at Concordia can simultaneously be a student, an employee (at the university or elsewhere), a union member, a volunteer, a parent—and the list

We Value...

Website: wevalue.concordia.ca
Email: wevalue@alcor.concordia.ca

Dean of Students Office

Website: deanofstudents.concordia.ca
Email: dofs@alcor.concordia.ca

SGW Campus

Location: 1455 de Maisonneuve Blvd. W., H 637
Phone: 848-2424, ext. 3517

Loyola Campus

Location: 7141 Sherbrooke St. W., AD 121
Phone: 848-2424, ext. 4239



goes on. Encountering and dealing with the multiple viewpoints that every individual carries because of these many roles can be daunting, even more so in the microcosm of diverse Canadian society that is Concordia.

What can one do about this? Consider taking part in the "We Value" campaign here at Concordia. We Value is a movement on campus to recognize and encourage courtesies—and more.

Celebrating What We Value

The We Value campaign is the brainchild of Elizabeth Morey, Dean of Students, who wanted to somehow call attention to the many pieces that shape Concordia. Recognizing that this was a concern others shared, she brought together a group of individuals which became the We Value organizing committee.

With representatives from Advocacy and Support Services, the Concordia Student Union, the Graduate Students' Association, the Fine Arts Student Alliance, University Communications, Concordia Libraries, the Ombuds Office, the Office of Rights and Responsibilities,

and the Dean of Students Office, the committee met during the summer and engaged in extended discussions about what the objectives of the campaign should be. The general wish was that it should be positive and go beyond awareness-building and education. This vein of thought led to the title and the strategy of the campaign—a celebration of what already exists at Concordia.



Courtesy of We Value

We Value...At the Concordia Shuffle, September 2009
Front, kneeling l-r: Cameron McKinnon (FASA), Louyse Lussier (Dean of Students Office) with Marley, Ashley Samerev, (daughter of Tanya Poletti) Back, l-r: Brenda Brisson (International Students Office), Lauren Broad (Dean of Students Office), Kathleen Perry (Faculty of Fine Arts), Elizabeth Morey (Dean of Students), Kelly Collins (International Students Office), Tracey Fisher (Multi-faith Chaplaincy)

The campaign officially launched on Sept. 24 with six versions of a poster-sized thank you note, each with a message identifying one of the things that are valued on campus: “We Value Concordia,” “We Value Respect,” “We Value Diversity,” “We Value Our Staff,” “We Value Our Students,” “We Value Our Professors” and “We Value You.”

Sharing What We Value

As the We Value campaign strives to recognize the many players that make up this university and encourages an appreciation for all positions and contributions, these posters are but a partial list. Other posters can be requested via the We Value website. The Stingers, Concordia’s varsity athletic teams, chose to fly a poster reading “We Value Athletes” and the Centre for Native Education requested one that reads “We Value our Elders.”

But highlighting positions and people who are cherished is not the entirety of the campaign. The campaign invites departments and groups to hold events under its banner, highlighting what they value. If you have an event that would fit with We Value or one of the themes, consider attaching the We Value sentiment to it, even if the event has already been planned.

Creating Community Values

Some events have been planned in advance to reflect a theme of the month. Some of the monthly themes are Respect, Volunteerism, Sexual and Gender Diversity, Peace, and Environment. By concentrating on a theme each month, the campaign hopes to encourage reflection on that particular subject and draw attention to how it ranks on the priority list at Concordia. Discussion among friends, movie screenings, walks and lectures are all small ways to make it easier for community members to start a dialogue with one another and provide multiple avenues to be a part of this campaign.

Forms to register an event and apply for a small amount of funding, or publicize an event via the We Value event calendar are available on the website. The monthly themes, events and some proposed resources can also be found on the campaign website.

The campaign hopes to promote a reflective attitude among the community members and highlight a cross-section of the values held by the people who make up Concordia.

What do YOU Value?

One of the most meaningful ways to get involved in the campaign is to submit value statements to be posted on the website. This idea is an elaboration of the ethic echoed in We Value You. By inviting all members of the Concordia community to publish what they value, the campaign hopes to promote a reflective attitude among the community members and highlight a cross-section of the values held by the people who make up Concordia. Organizing committee members have started the ball rolling with their value statements.

The We Value sentiment is in the hearts and minds of all Concordia members, but in the rush of everyday life sometimes we forget to show our gratitude. The We Value campaign is a gentle reminder and a commemoration of how we appreciate the diverse society we live in. Participate passively by checking out the events and photos from past events, or get actively involved by submitting your input and by holding events under the We Value banner. As someone once said “Nobody can do everything, but everyone can do something.” ★

Developing Your Success Network

by Marlene Gross, Coordinator, Student Success and New Student Programs (Counselling and Development)

According to the Oxford dictionary, a *network* can be “a group or system of interconnected people or things” while *to network* means “to interact with others to exchange information and develop useful contacts.” Learning to network effectively is an important skill. Having a network of people you can turn to for information and support, whether in your personal, academic or professional life, can smooth your path and contribute to successful outcomes as you pursue your goals.

Start Networking Early

There are many ways to develop your support network on campus, and an excellent place to start is at the Student Success Program Centre. Why is that so? First of all, the Student Success Program Centre is easily accessible. There is one conveniently located on each campus. Secondly, the Student Success Program Centre provides a relaxed, friendly environment where you can ask your questions, get advice, or simply chat with other students. You’ll even find

a sympathetic and understanding ear when you’re feeling frustrated, stressed or upset.

The Student Success Mentors who work in the two centres can relate to your concerns and feelings. They are students, too. And as upper year students who know Concordia well, they have probably had questions or concerns similar to yours. You can trust them to provide you with the kind of guidance and information you need so you can find the solutions you seek.

But a good support network should do more than provide you with the information you specifically request. It should direct you to information, resources and people you didn’t even realize existed but could be beneficial to you! That’s what makes the Student Success Mentors such an important part of your support network. They can tell you first-hand about some of the great services and programs they use themselves and that have contributed to their success at Concordia. They can also share their personal strategies—things that work for them and may also work for you.

Introducing Your Student Success Mentor Network

The mentors who work at the Student Success Program Centre include undergraduate and graduate students from all four faculties. They reflect the diversity of the student body at Concordia. They include students from the Montreal region, students from other provinces in Canada and students from abroad. They speak English and French, as well as Spanish, Arabic, Chinese, Vietnamese and a number of other languages. And they all look forward to meeting you and becoming a valued member of your support network. Allow them to introduce themselves to you now:



Iyad



Laura



Katherine



Julie



Pablo



Sid

Iyad AL JURDY

I am a Lebanese-Canadian, born and raised in Lebanon where I got my degree in Mechanical Engineering. After seven years pursuing my career in that field, I decided to go back to school and currently I'm working towards an M.B.A. degree in the John Molson School of Business. When I first came to Montreal, I faced some challenges dealing with issues such as adapting to a new multicultural life style, managing the heavy course load, and networking with people from different backgrounds and cultures. I visited the Student Success Program Centre where I received valuable information about different university departments and programs that have helped me a lot. With my experience in the work world and what I have learned through my graduate studies at Concordia, I am looking forward to assisting other students to make their stay at Concordia and in Montreal more comfortable and enjoyable.

There are many ways to develop your support network on campus, and an excellent place to start is at the Student Success Program Centre.

Laura CHAPMAN

I am an undergraduate student in both the Faculty of Arts and Science and the Faculty of Fine Arts, working towards a degree in Human Relations with a minor in Music. I grew up in Ottawa and moved to Montreal to pursue my university studies at Concordia. One of my great passions is travelling. I love meeting new people and have made several solo trips to various parts of Europe. When I'm not travelling or studying, I enjoy spending my free time reading, singing, playing piano, exploring the city, and trying out new recipes in my kitchen. I am very excited to be part

of the Student Success Mentor team this year. I am really looking forward to meeting many new fellow Concordia students and being an active part of this great community.

Katherine DAO

I am an undergraduate student in my second year of studies in Accountancy in the John Molson School of Business. I am from Vietnam. When I first arrived in Montreal as an international student, I had problems adapting to the new environment. I spent a lot of time looking for answers about where to go and what to do, but thanks to the help of a Student Success Mentor, I was able to get on track. I also attended workshops and orientations offered by Counselling and Development, and I volunteered. All of these enhanced my knowledge and skills. Now I want to share what I have experienced and learned with fellow students by working as a Student Success Mentor. I can speak

Vietnamese and English, and I am learning French. Outside of the classroom, I love listening to different kinds of music, wandering around the city, and learning new languages. I'm looking forward to meeting you, so pass by the Student Success Program Centre and say hi—you will find a lot interesting things there, including me!

Julie DUCHESNEAU

I was born in Calgary but raised on Montreal's South Shore in a franco-phone family. I began my studies at Concordia in Political Science but then switched to Human Resources Management at the John Molson

School of Business. I still enjoy a good political discussion, though! Another one of my passions is physical activity. I often ride my bicycle to school and I've played competitive badminton and coached, as well. Other things I like to spend time doing outside of school are travelling, relaxing with friends, reading, painting or watching movies. Two years ago, I was also involved in the John Molson Marketing Association (JMMA), and I have since been an active member of the Concordia Alumni Student Team (C.A.S.T.). Last year I had the opportunity to go on a student exchange to London, England, and had a great experience. This will be my third year as a mentor, and I really enjoy it. I really love giving back to the Concordia community and hope to help other students achieve their goals.

Pablo JACUBOVICH

I was born in Argentina and moved to Montreal in the summer of 2003. In terms of studies, I am in my third year in Honours Political Science with a special interest in international relations and comparative politics. After I finish my undergraduate degree, I am planning to pursue graduate studies in political science with the goal of working for an international organization some day. This is my second year working as a Student Success Mentor. Since starting at Concordia, I've learned a lot about this place and I really enjoy helping my fellow students. When I am not studying or working, my favourite pastimes are watching movies or listening to music. My mother tongue is Spanish, so if you want to chat in that language, drop by and say "hola."

Siddhartha KATTOJU

I'm an international student from India. Having started my studies at Concordia in the summer of 2008, I have been living in Montreal for over a year now. I'm in my second year of Computer Engineering in the software option. I am also a member of the



Institute for Cooperative Education. Although working part-time and studying has been quite a challenge, it has been a great experience. Outside of the classroom, I am an active member of the Concordia Society of Automotive Engineers (SAE) and the Institute of Electrical and Electronics Engineers (IEEE). I like to get my hands “dirty” by working on a variety of little projects because I think this is a great way to apply what I’m learning in the classroom. Outside of school, I enjoy cycling and find it to be a great way to get around town.

Hayline KIM

I came from Seoul, South Korea in 2006 to study Biochemistry at Concordia. I am currently in my third year of the program. Before coming to Montreal, I lived in Korea, Thailand and Malaysia so I know the challenges of adapting to a new environment. I love Montreal and I’d like to help new students adapt to university life in both an academic and social context. For me, working on campus has been a great way to meet people and improve my skills. I worked as a T.A. for CHEM 205 and that helped me develop my communication skills.

I also enjoyed working in the Biology lab on an NSERC research grant. Outside school, I volunteer at the Richardson Hospital taking care of the elderly, where I’ve found great responsibility and satisfaction. But most of all, living in Montreal has taught me the joy of sharing what I have with others and as a mentor, I find it rewarding to help other students.

Geoff O’BRIEN

I’m in my third year of a B.A., Specialization in a Psychology, working towards Honours, and I’m quite certain that psychology and I were meant for each other. My interests lie primarily in cognition and cognitive science, drawing upon a myriad of other disciplines including neuroscience, philosophy, linguistics and computer science, to name a few. After I complete my B.A., I’ll definitely be pursuing a Master’s and perhaps a Ph.D., as I’m eager to get into academia and research. I’m from Montreal, born and raised, and though I may visit elsewhere, this city is home. I’m a music lover, a cat person, and a geek with pride. When I’m not at school I spend most of my time with my close friends, watching films,

going to shows or festivals, getting some sun or just playing video games.

Nathanaël OCCÉNAD

Who am I? I have a multicultural background, was born in Haiti, raised there as a child and later spent my teen years in the Dominican Republic. I moved to Pennsylvania for my senior year of high school and started my university life in Montreal—crazy, eh? I am currently an undergraduate Electrical Engineering student. I am fluent in French, English, Haitian Creole, Spanish and dance; the language of the soul. I am a co-op student and currently hold the VP Education position in Engineers Without Borders. I love trying out new things, eating exotic foods and dancing (surprise!), my favourite activity. I’ve had to handle quite a few unfamiliar situations so feel free to come talk to me when you are faced with new or unusual issues. I can share some helpful tips on how to organize your student life and even let you in on cool extra-curricular activities and clubs. If I can’t help you personally, I can surely point you to someone who can. Also, I am trying to learn Japanese and Mandarin, so, if you want to come by and have

a chat, feel free. My motto: Never give up! Be open-minded and enjoy the ride—so far, for me, it's been great!

Vanessa PETRILLO

I am a fourth year undergraduate student studying in the Faculty of Arts and Science, with a major in Sociology and a minor in Human Relations. I am driven by learning from and helping others and aspire to further pursue my studies in the field of counselling or family law in the future. I like to get involved and am therefore volunteering with the Batshaw organization, where I reach out to and assist troubled children from abusive backgrounds. I was born and raised in Montreal and have a great appreciation for its nightlife and diversity. I enjoy reading, restaurants, music and being in the company of friends and family. This is my first year as a mentor and I look forward to the new experiences the role will bring, so drop in and share some stories!

Gazi MAEEN-UR RASHID

I am an international graduate student and this is my second year at Concordia. I am doing my M.Eng. in Information Systems Security. I completed my undergraduate studies in computer engineering in Bangladesh and worked for three years at Banglalink, a telecommunications company. As an international student,

I understand how it feels to be away from your country, family and friends. At the beginning I was lonely and totally lost in this new culture, system and life style. Unfortunately, I didn't discover the Student Success Program Centre right away. If I had, my adjustment would have been much easier for me. When I finally learned about the centre it made my life much easier and I was so inspired by the mentors that I decided to join the team so that I can help other students. One of the things I really like about Concordia is that you can meet people from different countries and make new friends. Outside school, I am very fond of movies, music and internet. I also like to play soccer and read books.

Jessie THAVONEKHAM

I am an undergraduate student in the Faculty of Fine Arts, studying in Design. I am also a member of DASA, the Design Arts Student Association and have participated in a number of Concordia's student events and workshops. Originally from Ottawa, I came to Montreal in 2008. In addition to art, during my spare time, you can often find me at the library reading about law studies, in the EV building sketching people, or at home knitting and crafting. I also enjoy going out with friends to movies or coffee dates, playing the piano, volunteering and simply strolling around town. I am very

excited to be part of the Student Success Mentor team and I look forward to meeting new people. As a mentor, I want to be able to share my experience and tips I gained as a first year fine arts student, and help students find a way to be successful at Concordia. I am fluent in three languages, English, French and Mandarin so please come by the Student Success Program Centre and say hello!

Caitlyn WATSON-COOK

I'm a fourth year undergraduate student majoring in Political Science and minoring in Interdisciplinary Studies in Sexuality. I am originally from Montreal, but lived for 12 years in Toronto. Currently my goals are to improve my French, write my honours thesis and study international development at the graduate level. I love to travel and spent the winter term of 2008 studying in Paris, an experience that has definitely helped to shape my goals as well as enrich my studies at Concordia. I have also been volunteering with AIDS Community Care Montreal (ACCM) since October 2008, an experience I've both enjoyed and learned a lot from. My time with ACCM has helped me feel more involved with my community and more interested in my studies. In my spare time, I enjoy laughing and debating with my friends, reading and plotting my next adventure.

Student Success Program Centre

Become a successful student!

- Student Success Check-up
- Student Success Mentors
- Subject-specific Tutoring Services

- SL – Strategic Learning (Facilitated Study Groups)
- Information, Referral, Guidance and Support
- Online and Print Resources

Locations and information:

SGW H-481 LOY AD-101
(514) 848-2424 ext. 7369
success@alcor.concordia.ca
studentsuccess.concordia.ca



**Counselling
and Development**

Habits of Successful Students—Make them Your Habits

Success at university is not the result of luck or a magic formula. Success is the result of a good attitude and effective habits. Here are ten habits for success which Student Success Mentors and other successful students have shared with me.

Go to class! Sounds obvious, but it's amazing how many students think a missed class now and then won't matter much. Nothing could be further from the truth. Your professor's lectures and comments will help you recognize the key topics in the course—the ones that will probably figure prominently in the exam.

Success at university is
not the result of luck or
a magic formula.
Success is the result of
a good attitude and
effective habits.

Get to know your classmates. Use the time before class begins or during breaks to talk to other students in your class. You don't have to be the most outgoing person to start a conversation—just ask the person sitting next to you how they are enjoying the course or what program they are in. You'll not only enjoy the course more when you know people in the class, but you'll also have people to call on if you have questions or want to start a study group.

Sit near the front of the room and participate actively in class. That means, don't doze off or daze out! Think about the course content and ideas being discussed. Relate them to your life, your interests, your other courses. All this will make the course more meaningful to you and will help you understand and remember the material better.

Developing a positive
relationship with your
professors is
important.

Visit your professors during their office hours. Introduce yourself. Ask a question or share an idea to show your interest in the course. Developing a positive relationship with your professors is important. After all, your professors will be the ones to recommend you for scholarships, jobs or grad school. They teach a lot of students. You don't

want to be just a name on a class list; you want your professor to remember who you really are.

Get to know the advisor and secretary in your department and be pleasant and polite in all your dealings with them. They can be a wealth of information about your program, may know of interesting opportunities related to your field of study and can be a great asset to you.

Keep your course materials organized and keep up with your homework. It is much easier and less stressful to manage your course load by working consistently instead of allowing things to pile up. Forcing yourself into a cramming situation will create stress and reduce your ability to achieve your best. Also, keeping up will help you identify difficulties early so you can get help before the difficulties compound.

Keeping up will help you
identify difficulties early
so you can get help
before the difficulties
compound.

Know your limits. Don't work at a job more than 10 – 15 hours per week if you are a full-time student. For every hour spent in class, you can expect to spend an average of 2 – 3 hours on school work outside of class. If you try to do too much, something's got to give and it may very well be your grades. If you need the money to live, consider taking a reduced course load. It is better to take an extra semester to complete your degree than to drop out in frustration because you pushed yourself beyond your limits.

Make time for friends, family and you. Reward yourself for your hard work by taking a night off to relax with friends, see a movie, go dancing or to the gym. Sometimes, taking a little time off from studying can be more productive than studying non-stop!

Get to know your university and get involved in university life. Spend some time on campus outside of class. Join a club, volunteer or get a job at school. Being an active member of the university community is rewarding and a great way to network. Explore the campus. Find comfortable, quiet places to study. If you feel at home and among friends on campus, you will enjoy your studies more and do better as a result.

Be proactive! Know where to go for help and don't wait for problems to fester before seeking assistance. Visit the Student Success Program Centre and connect with the Student Success Mentors early. Then keep that connection alive. The mentors enjoy interacting with other students and have a lot of knowledge and experience to share. ★

Graduate Students' Association

Being a Grad Ain't that Bad—Thanks to the GSA

Submitted by the GSA

Are you a graduate student? If so, have no fear—the Graduate Students' Association (GSA) is near! The GSA exists to represent you and your interests and to enhance your social and academic experience at Concordia. If you want orientation or support, if you want to participate in the student community, if you want to take a break or see what's up, please call, email or stop by the GSA House.



Courtesy of GSA

From left to right, GSA council members in front of the GSA House: Nadia Hausfather, Sussan Dolatshahi, PeiPei Shi, Natheer Alatawneh, Mohammed Faisal Uddin

Relaxing, Faxing, Studying over Fair-trade Coffee: The GSA House

Not enough graduate students seem to know that Concordia has a house just for them. Located on the SGW campus in an annex on Mackay, the GSA House will soon be renovated and is waiting for graduate students to visit and use it as an everyday hub. You are invited to come by to take advantage of the many services offered, participate in the various events which take place there, or just to relax between classes.

All graduate students are welcome Monday to Friday from 9 a.m. to 9 p.m. At the GSA House you can check your email (there are PCs and Macs), print, photocopy, fax or scan, lounge on the couches, watch satellite TV, store your

lunch in the office or obtain a friendly orientation to the GSA's other services, groups and campaigns. Book the lounge or one of the classrooms for an event, have your team meeting at one of the tables or catch up on your reading on a comfy chair over a free cup of fair trade coffee (milk is in the office). Make yourself at home because the GSA House exists just for you.

Socializing, Munching, Learning: GSA Services and Support

The GSA also works hard to provide a wide range of services to its members.

Throughout the year there are many opportunities for graduate students to participate in the GSA. Activities include workshops, free breakfasts, parties and movie nights, as well as orientation activities that allow for new and returning graduate students to get to know the GSA and each other. Check the GSA website to see when activities are planned.

The GSA works hard to provide a wide range of services to its members.

Advocacy Services: The GSA is establishing a new Advocacy Centre to provide a full range of advisory and legal services to graduate students. The GSA also arranges immigration consultation sessions for students with the help of independent consultants.

Conference Subsidies: The GSA offers funds to offset the travel costs of graduate students who are either presenting papers related to their field of study at a conference or who are exhibiting their work, in the case of Fine Arts students.

Student-Initiated Projects (SIP): The GSA also offers funds to support projects that enhance and enrich the social and academic lives of its members. Projects that are designed for this purpose would ideally benefit as many students from as many diverse departments as possible. Benefits to members of the general community will also be considered, but are of secondary importance.

GSA Executives

Mahboubeh Khani, President
gsapres@alcor.concordia.ca
Mohammad Faisal Uddin, VP Services
gsaserve@alcor.concordia.ca
Altayeb Qasem, VP Finance
altayebqasem@yahoo.com
Manu Jain, VP Advocacy
jainmanu@gmail.com
Zafar Ullah Khan, VP External
zu_khan@encs.concordia.ca



GSA Directors

Natheer Alatawneh (ENCS)
natheer80@yahoo.com
Peipei Shi (ENCS)
pe_sh@encs.concordia.ca
Shikui Wu (JMSB)
w_shikui@jmsb.concordia.ca
Sussan Dolatshahi (JMSB)
S_dolat@jmsb.concordia.ca
Roddy Doucet (Arts)
artsandsciencegsa@gmail.com
Svetla Turnin (Arts)
artsandsciencegsa2@gmail.com
Nadia Hausfather (Arts)
nhausfather@gmail.com
Mathew Tziritas (Science)
mathewtz@gmail.com
Zachary Kenny (Fine Arts)
zackenny.com@gmail.com
Erik Chevrier (SIP)
erik@collectivevision.ca

The GSA House

Website: gsa.concordia.ca
Location: 2030 Mackay St., Annex T
Hours: Monday to Friday, 9 a.m. – 9 p.m.
Phone: 848-2424, ext-7900
Fax: 848-7904
Email: gsa@alcor.concordia.ca

Agenda: Every year the GSA publishes a colourful agenda to distribute to graduate students for free. Keeping sustainability in mind, the agenda is normally published with 100% recycled pre-used paper.

Courses: There are three rooms in the basement of the GSA House where different courses are offered. Since a large percentage of graduate students come from around the world to study at Concordia, the GSA offers French courses to help these students integrate into Quebec society and the Montreal scene. The GSA also arranges important computer courses for students—the most recent was one on CATIA. In the future, we'd like to offer courses in other languages and on topics that would be fun and interesting, so let us know if there is something you are skilled at and can teach!

The GSA exists to represent you and your interests and to enhance your social and academic experience at Concordia.

Trips: The GSA organizes a number of trips every year. These trips are always well-managed and subsidized and they provide students who may otherwise not have the chance to visit some of the most beautiful places in Canada. Some of the places visited in recent years include Quebec City, Gaspésie, Niagara Falls, Toronto and a number of ski resorts.

Take advantage of the GSA House and activities, stop by, ask us questions, get involved.

Additional Services Made Available with Support from the GSA

Le Frigo Vert, which is located at 2130 Mackay St., is a non-profit food cooperative where you can get cheap and fresh organic vegetable baskets and coffee. All Concordia graduate students get a 25% discount, so it is well worth a visit.

Cinema Politica is a grassroots network that distributes and exhibits political cinema at campuses and communities. Screenings are by donation and focus on independent

documentaries. Films are screened every Monday at 7:30 p.m. in room H 110 of the Hall building, 1455 de Maisonneuve West.



Always good things to eat at the many parties at the GSA House

Courtesy of GSA



There's lots to talk about at the GSA House parties

Courtesy of GSA

The People's Potato serves nutritious vegetarian and vegan meals on campus every weekday between 12:30 and 2:00 p.m. It is located on the 7th floor of the Hall building. All graduate students can eat at the People's Potato free of cost.

Concordia Community Solidarity Co-op Bookstore is a not-for-profit alternative to corporate book stores. It offers both new and used books and is conveniently located right on Concordia's downtown campus at 2150 Bishop.

Governing, Advocating, Lobbying: How the GSA Works

Established in 1970, the GSA is a non-profit corporation that collects student fees to provide services and a political forum for Concordia graduate students. It is composed of

five executive members and 10 directors from different faculties. Besides the president, the executive positions include vice-presidents for Finance, Services, External Affairs and Advocacy.

How well the GSA represents your interests is up to you.

Together with the GSA directors, the executive members make up the GSA Council, the decision-making body in the GSA. The executives and directors are elected in the GSA's annual election and the mandate starts in June of each year. To contact your GSA executives and directors, visit the third floor of the GSA House where the executive offices and board room are located, or email them at the addresses provided in the side bar of this article.

Students' suggestions and interests are our main concerns at the GSA. This is one of the reasons the GSA actively participates in issues regarding quality of education, student life and tuition hikes. Together with other student organizations, the GSA recently demonstrated against tuition increases and continues to be actively engaged in the student tuition campaign and workshops about students' rights to accessible education. You are welcome to come participate in the meetings of the GSA's new campaign, Montreal Students Against Tuition Increase.

Participating, Caring, Contributing: Get Involved!

How well the GSA represents your interests is up to you. You can contribute by running as a candidate in the annual GSA elections, by participating in the Question & Answer period right before each GSA Council meeting, by completing a GSA survey, or by attending a meeting against tuition increases.

Students' suggestions and interests are our main concerns at the GSA.

To sum up, you are paying fees to the GSA, so take advantage of the GSA House and activities, stop by, ask us questions, get involved—or at least check the GSA website to find out more about the services, the Health and Dental plan, collaborations and by-laws. The more active and involved you are, the more the GSA will be able to represent your interests and contribute to the well-being of the Concordia graduate community. ★

Concordia University Student Parent Centre

Building Support for Student Parents

by Kristy Heeren, Coordinator, Concordia University Student Parent Centre and Graduate Student in the Faculty of Arts and Science (Sociology)

For most students, juggling studies and employment is hard enough. But for students with families, the balancing act is even more demanding. Between ten and fifteen percent of university students are parents, many of them single parents. For Concordia, with a student population of about 44,000, that amounts to between 4,400 and 6,600 students who are pursuing their education while raising a family.



Thanks to Anand Lazarus

Supporting student parents—most definitely worthwhile!

Student parents face a number of challenges: accessible childcare, finances, affordable housing, gainful employment and adequate health care for their families are all major concerns. Many student parents, and single parents in particular, hold down one or more jobs in order to get by. As a result, they are often able to attend school only on a part-time basis.

Part-time students often fail to qualify for benefits reserved for full-time students, such as financial aid. With the combined cost of rent, bills, tuition, books, food, clothing and childcare, student parents

frequently carry a crushing financial and emotional burden which can often prevent them from completing their studies.

Helping Student Parents Meet the Challenges of University Study

It is this reality that inspired the Dean of Students, Elizabeth Morey, to create the Concordia University Student Parents Centre (CUSP). In the planning and development of CUSP, Morey identified some of the needs of Concordia's student parents. "There is a definite need to help these students connect with each other and access appropriate services adapted to their needs," she stated. "They also require some flexibility from the institution in order to be able to respond to the needs of their children. Studying full-time and attending classes at specific scheduled times is a challenge for this group of students." The necessity for a centre where student parents could network and connect with one another was clear.

brought together representatives from the Multi-faith Chaplaincy, The Centre for Native Education, the Student Transition Centre, Counselling and Development, Advocacy and Support Services, students from Applied Human Sciences, and residents and Board members from Project Chance, a community organization for single mothers who are going back to school.

Services and Spaces for Student Parents and their Children

Less than one year after the idea was born, the CUSP centre was up and running, celebrating its official opening in March 2009. Morey found a space in the K-annex, located on Bishop Street, which serves simultaneously as a study space and lounge for students, and a play area for children. The lounge and office are equipped with furniture, computers, internet, a TV, stereo, coffee-maker and a microwave. There is also a children's area that includes books,

CUSP also helps to connect student parents into a network so that they can meet and support each other.

Morey spear-headed an initiative that would create a space for student parents as well as provide them with support throughout their studies. To advance the development of an organization dedicated solely to the interests of student parents, the initiative

games and toys. Student parents can use the CUSP centre (with or without children) to work, eat lunch, use the internet or just relax.

CUSP also helps to connect student parents into a network so that they can meet and support each other.



Courtesy of CUSP

Mohammad Hamdaqa with his family at a recent CUSP event

One of the ways this is done is through the CUSP network group on Facebook. Events organized through CUSP have included meet-and-greets, clothing swaps, and a community kitchen through the Multi-faith Chaplaincy where students can gather to cook, enjoy a meal with their children and even take an extra meal

home afterwards.

CUSP also provides support to student parents through referrals and

services made available through the centre by offering a workshop series, counselling services, a peer support network, a summer day camp and emergency funds for students who find themselves in crisis. Most importantly, CUSP is working on developing several childcare initiatives including a volunteer babysitting service and a childcare collective made up of members of CUSP.

Long-term plans include a drop-in daycare as well as campus residence spaces reserved for single and student parents studying at Concordia. In addition, CUSP will advocate for a policy to allow student parents to be considered full-time after taking only three or more classes, compared to four or more classes, which is the standard. This type of policy has been implemented at other universities.

CUSP—a Small Centre with Big Dreams

CUSP is still in its infancy, having only opened in the last academic year, but it has already done much to improve the quality of life for student parents. And the future looks

CUSP will help pave the way for student parents to successfully pursue post-secondary education.

Concordia University Student Parent Centre

Website: cusp.concordia.ca
Location: 2150 Bishop, K 200
Phone: 848-2424, ext. 5954
Email: cusp@alcor.concordia.ca



resources both within and outside of Concordia. Many of these services are listed in the Resource Guide produced by CUSP, including childcare, subsidized food and clothing, housing, employment, health services, and emotional and psychological support services.

A Brighter Future for Student Parents

Looking to other universities for successful initiatives, CUSP hopes to further develop the services available for student parents at Concordia. This year, CUSP hopes to expand on the

bright. CUSP will continue working towards developing innovative programs which reduce barriers that traditionally discourage student parents from attending or completing school. In this way, CUSP will help pave the way for student parents to successfully pursue post-secondary education.

Student parents who would like to become a member of CUSP, pick up a CUSP Resource Guide, or just chat and connect with others are invited to drop by the office. Volunteers are also always needed and welcomed, too. Come and join the CUSP family! ★

Connect to Your Learning

by Juliet Dunphy, Learning Specialist
Student Learning Services (Counselling and Development)

Each semester the corridors, escalators, and elevators of Concordia are crowded with students rushing to and from their classes. Certainly, you are on the right track by attending class regularly, but studying at university is about much more than going to class. University is a group learning experience, so, right from the start it's a good idea to connect with your peers, with the subjects you are studying, and the teaching and resource services here at Concordia.

In class, stay active: think about what is being discussed; take notes to keep focused; sit near the front so that you feel part of what's going on.

Connect with Others in Your Class

Anyone who has ever taken a course knows that making friends in class is not always easy. There's often little chance to get to know other students unless a group project is involved. But try to get to know at least one person—exchange phone numbers or email addresses with a student sitting next to you. When you know other students in your classes, you feel more motivated to stick with the course.

You can also get together to talk about the course, discuss assignments and prepare for exams.

Make use of your professors' office hours, which should be listed on the course outline.

Connect with What You're Studying

Think about your courses in terms of what they are about, what you are learning. Even if you have chosen a course simply because it fits your schedule, encourage yourself to get interested in it. How do you get interested? Prepare for each class by glancing at the course outline to see the week's topic; skim through the chapter for the class even if you don't have time to read it in depth; take five minutes to think about the course subject—what do you already know about it? If you know nothing about it yet, what do you think it might cover? What do you want to find out? Questions like this help to get you motivated, help you get your brain ready to learn. In class, stay active: think about what is being discussed; take notes to keep focused; sit near the front so that you feel part of what's going on.

Connect with Your Professors

Successful students say that a priority for them is to connect with their professors. Such students become more than



Talk Times: English language practice in small groups

Courtesy of Student Learning Services



Courtesy of Student Learning Services

A math tutor discussing a problem with student

simply one more face in the classroom. If you go to see your professors to discuss an idea, a concept you are having difficulty with, a direction for a paper, it shows that you care enough about their course to take the time to follow up. Make use of your professors' office hours, which should be listed on the course outline.

There is so much help available for students, so long as you take the time to find out about it and use it.

Connect to Resources for Learning

Connecting with your professors is of great value, but you may feel you need more specific help concerning an aspect of studying. One of the best things about Concordia is the fact that there is so much help available for students, so long as you take the time to find out about it and use it!

Student Learning Services offers many services to help you. For example, to learn more about study strategies come to our workshops on note-taking, reading, improving your memory, problem-solving and test-taking. If you want to talk about more ways to improve your studying, come and meet with a learning specialist. If you would like feedback or advice on writing a paper, meet with a writing assistant. Got a math problem in a basic math class you can't solve? Come to our individual math tutoring sessions. Want to improve your spoken English? Come to Talk Times and ESL Conversation groups. To find out more about these services, check out the Student Learning Services website (learning.concordia.ca) where you will also find online forms to book appointments for writing assistance and math tutoring.



Courtesy of Student Learning Services

A writing assistant working with a student

Other great resources for help with learning, depending on your particular need, include the staff at the Concordia libraries, as well as the advisors in your department and at the Student Transition Centre (for independent and mature-entry students) as well as the Access Centre for Students with Disabilities.

So there you have it—getting connected to your learning can relate directly and positively to your academic success at Concordia, and through the process you also develop a valuable network of mentors, helpers and friends. ★

Counselling and Development

- Career Services
- Counselling and Psychological Services
- Student Learning Services
- Services for New Students
- Student Success Program Centre

Website: cdev.concordia.ca

SGW Campus

Location: 1455 de Maisonneuve Blvd W., H 440
Phone: 848-2424, ext. 3545

LOY Campus

Location: 7141 Sherbrooke St W., AD 103
Phone: 848-2424, ext. 3555



Student Learning Services

Website: learning.concordia.ca

Commerce and Administration Students' Association

From Business Student to Business Professional

Submitted by CASA

The Commerce and Administration Students' Association (CASA) is a student-run organization representing undergraduate students in the John Molson School of Business. Composed of over 150 volunteer JMSB students, CASA as a whole is committed to serving the needs of the JMSB student body.



CASA Executives: front, l-r: Nick, Tim, Teilav, Lea, Christopher, Amanda, Kevin; back: Zeyed

The association is made up of an executive team and 12 subsidiary groups, each with its own specific mandate that guides the type of events and projects they plan. There are seven associations, each catering to a specific major and

Commerce and Administration Students Association

Website: casa-jmsb.ca
Location: 1450 Guy, MB 4-105
Phone: 848-2424, ext. 7464
Fax: 848-7436
Email: info@casa-jmsb.ca



there are six committees geared towards special interest groups and competitions. Together, these different organizations cover various facets of the business world and many aspects of university life.

Adding Value to Your Education

CASA provides all JMSB undergraduate students with a wide range of academic support and extra-curricular activities to enhance the value of their university experience. Besides organizing all of the beginning of the year frosh events that you hopefully enjoyed the first few weeks of school, CASA serves as your legal representatives on campus; we look out for your best interests when dealing with the administration, putting together worthwhile events and ensuring that your educational experience goes beyond the classroom at Concordia.

CASA provides all JMSB undergraduate students with a wide range of academic support and extra-curricular activities to enhance the value of their university experience.

Why Get Involved?

It is no secret that leading companies are no longer evaluating candidates on their academic achievements alone, but are inclined to hire well-rounded graduates. This means that in addition to a solid academic background, students should have business skills and extra-curricular experience.

CASA not only encourages JMSB students to supplement the knowledge gained in the classroom, but it helps make this possible. Throughout the year, our associations and committees host a variety of networking events ranging from cocktail parties, to speakers series, to professional suppers. These events provide opportunities for students to network with executives and industry professionals—ranging from local businesses to major corporations. Getting

CASA EXECUTIVE and STAFF

Lea Zimmerman, President
Tim Knight, VP Academic
Nick Henderson, VP Events
Amanda Paquin, VP External
Kevin Wynnyn Chan, VP Finance
Christopher Calkins, VP Internal
Zeyad Saadeh, VP Marketing
Tsilav Germaine Boue, Director Marketing
Nguyen Quang Huy, IT Manager

CASA ASSOCIATIONS

Concordia Entrepreneurship and Management Association (CEMA)
Decision Sciences Students Association (DSSA)
Finance and Investment Students Association (FISA)
John Molson Accounting Society (JMAS)
John Molson International Business Association (JMIBA)
John Molson Marketing Association (JMMA)
John Molson Human Resources Association (JMhra)

CASA COMMITTEES

CASA Cares – Our Charity Branch
John Molson International Student Exchange Committee (JIC)
John Molson Competition Committee (JMCC)
John Molson Sports Marketing (JMSM)
John Molson Undergraduate Case Competition (JMUCC)
John Molson Sustainable Business Group (JSG)

involved in these activities is not only a fun thing to do, but it is a smart career move for any business student.

Getting involved in these activities is not only a fun thing to do, but it is a smart career move for any business student.

According to Lea Zimmerman, an International Business major studying at the John Molson School of Business and the current President of CASA, being active on campus has added so much to her university experience. “It took one cocktail and one conversation but it changed my life so much. After all is said and done, I strongly encourage each

and every one of you to go and get involved with anything you can. There are endless possibilities,” she says.

Plus a Few Special Services for You

R.O. Wills Computer Lab

Exclusively for JMSB students, the R.O. Wills Computer Lab provides computer workstations with the essential software needed for the commerce and administration programs. The lab is equipped with high-quality monochrome and color laser printers, as well as with a high-resolution scanner. The lab is located in room S1-465 in the Molson Building and is open throughout the year for your convenience.

No matter the discipline, our primary objective in CASA is to offer JMSB students an opportunity to bridge the gap between theory and practice in order to properly prepare them for the future.

Career Management Services

Established to serve the employment needs of JMSB students, the Career Management Services (CMS) helps students with all aspects of their career concerns. The centre can provide information on drafting a proper CV and cover letter or developing effective interviewing and networking skills. These services are provided to help put you on the career path of your choice. The earlier you register with the CMS the better—even first year students can benefit from the guidance and advice offered.

No matter the discipline, our primary objective in CASA is to offer JMSB students an opportunity to bridge the gap between theory and practice in order to properly prepare them for the future. It is our goal to help JMSB students build the essential skills, experience, and relationships they need to reach their potential as first-rate business professionals. We are always willing to lend a helping hand so get to know us, get involved, and get the most out of your JMSB education. ★

Fine Arts Student Alliance

FASA Loves You

Submitted by Stephanie Bokenfohr, President, Internal Communications (FASA) and Student in the Faculty of Fine Arts (Theatre)

Being a fine arts student is probably one of the most exciting things to be and the Fine Arts Student Alliance (FASA) can tell you why.

We would like to extend a warm welcome to all new students. We hope you have dealt well with the beginning of semester shenanigans and are looking forward to what adventures your time at Concordia will bring. I assure you that once all the line-waiting, number-taking and form-filling-out is over, you will be knee deep in projects and start to see what this university really has to offer fresh thinkers like you. And as you journey along your fine arts road, FASA will be by your side with its services and special events to help you become better acquainted with one another and more comfortable in the university environment.



FASA Wants to be Your Friend

FASA is the umbrella organization for all student clubs and student-run operations in the Faculty of Fine Arts. These include *Art Matters*, Café X, the Fine Arts Reading Room and Galerie VAV Gallery. FASA seeks to improve the quality of student life for Concordia's Fine Arts students through initiatives which focus on extra-curricular activities that benefit student artists and all our fine arts community. Through these clubs, events and services, FASA redistributes money collected in student fees back to its members. Registered student clubs and associations are eligible to receive funding from FASA, as are individual student artists in the form of Special Projects grants.

FASA is more than ready to support you in any way needed this year with our great executive team of talented and capable people! FASA is located in the EV building on the 5th floor: just turn left after leaving the elevators—we are the closet-sized room towards the window with the number 5.777 on it. Our office hours are posted outside our door or you can email us to book an appointment.

*As you journey along
your fine arts road,
FASA will be by your
side with its
services and special
events*

The FASA Team is Ready for You

Co-Presidents: Cameron McKinnon & Stephanie Bokenfohr

For the 2009-10 term, the FASA president will actually be able to be in two places at the same time. How is this possible, you may ask? Because there are two! That's right: Cameron McKinnon is serving as President of FASA and I, Stephanie Bokenfohr, assume the position of President, Internal Communications. Together, Cameron and I will be the spokespeople for FASA. Essentially, over the current academic year we donate our time, minds, bodies and souls to ensure the smooth operations of all things FASA by organizing weekly FASA executive meetings and by making FASA an active and easily accessible organization for you, the students we serve. And we don't stop there. We'll be actively involved in pretty well all fine arts life here at Concordia. There can be no doubt just how dedicated we are, and to prove it simply contact us at our special FASA presidents' email.

VP Finance: Julie Johnston

Julie is a really friendly and informed individual who has the happy task of approving funding for fine arts student projects. Of course, you must first have a suitable project planned and make sure your application is filled out properly and submitted on time. These disbursements are widely advertised well in advance in Fine Arts buildings on both campuses and via email. We all know that art can be

expensive and we don't want that to hinder your progress. More information about our Special Projects grants can be found on our website, and if you have any questions about funding you can also email Julie!

VP External: Mariane Bourcheix-Laporte

Mariane is always working on something interesting. Her portfolio concerns initiatives that branch out to other faculties within the university as well as artist-run spaces around the city. She would love to connect with you, should you have any questions or ideas to share.

FASA is your Fine Arts Student Alliance and it is a valuable resource that you can tap into throughout your time here at Concordia.

VP Special Events: Roch Thibault

Roch organizes events that enrich student life. These might take the form of special guest speakers or workshops. To find out what special events are planned, check the FASA website regularly, look for posters advertising events, or contact Roch personally.

VP Clubs & Services: Claudia Espinosa

Claudia takes care of FASA clubs and is also in charge of booking space for all FASA club events on the university campus. If you want to know more about the clubs you can get involved in, or if you have ideas for new clubs, Claudia is your girl!

As a student, it isn't always easy to get your work shown publicly, but Art Matters makes it possible.

FASA Supports Your Departmental Association

FASA also provides support (money, tabling facilities, etc.) to departmental student associations. No matter which department you're in—be it Painting and Drawing, Cinema, Theatre or Printmaking—there should be a departmental association that organizes various events like performances, exhibitions, bake sales and art trips. I strongly suggest that you get involved with your departmental

association not only because it's important work that needs to get done, but because it provides a great organizing experience, and frankly it's one of the best ways to get to know people. If there is no such organization in your department, I would even more strongly suggest that you organize one — and that you do it early so that you can qualify for financial support from FASA!



Students participating in an Art Matters event

FASA Affiliates You Must Discover **Art Matters**

Each year in March, FASA helps produce *Art Matters*, Concordia's award-winning multi-disciplinary festival of the fine arts. As a student, it isn't always easy to get your work shown publicly, but *Art Matters* makes it possible. Run by students for students, held in venues across Montreal, *Art Matters* is the only festival of its kind in Canada. You can get involved on so many levels—as an artist, a curator, an organizer, a helper, and of course as a visitor to the wonderful installations, exhibits and performances. Check out their website—*Art Matters* rules!

Galerie VAV Gallery

Galerie VAV Gallery is a student-run gallery in the VA building. The VAV exhibits student work, consistently demonstrating the excellence and dynamic work produced at Concordia University. The VAV might be where your first show is exhibited so it is a special resource available to you. Please check out the VAV's website to see the programming schedule for 2009-10.

FASA is the umbrella organization for all student clubs and student-run operations in the Faculty of Fine Arts.

Café X

Café X, with its two locations—one in the VA building and another in the EV, is a tasty and convenient destination for all fine arts students. On the menu you can be sure to find some tempting treats and vegan chilli. Under the name of Gallery X, Café X also showcases student work. You can

Fine Arts Student Alliance

Website: fasa.concordia.ca
Location: 1515 Ste. Catherine St. W., EV 5.777
Phone: 848-2424, ext. 5057
Email: fasa@alcor.concordia.ca

FASA Executive

Cameron McKinnon &
Stephanie Bokenfohr, Co-Presidents
fasalovesyou@gmail.com
Julie Johnston, VP Finance
fasafina@gmail.com
Mariane Bourcheix-Laporte, VP External
mariane.bl@gmail.com
Roch Thibault, VP Special Events
fasa@alcor.concordia.ca
Claudia Espinosa, VP Clubs & Services
clauatomica@gmail.com

FASA Affiliates

Art Matters: artmatters.concordia.ca/
Galerie VAV Gallery: vavgallery.com/
Café X: galleryxconcordia.blogspot.com/
Fine Arts Reading Room: readingroom.concordia.ca

find out more information about submitting your work or programming on the Café X website.

No matter which department you're in ... there should be a departmental association that organizes various events like performances, exhibitions, bake sales and art trips. ... get involved with your departmental association ... it's one of the best ways to get to know people.

Fine Arts Reading Room

The Fine Arts Reading Room, located in EV 2785, is a great resource for students to do image research as well as explore the student archives. Stop by and see what the Reading Room has to offer.

FASA Wants You to Get Involved

These are the best avenues to get involved with FASA, but there are always more. FASA also delegates people to sit on the Fine Arts Faculty Council and the Concordia Student Union (CSU) Council to represent your interests. We may also from time to time speak out on subjects that reflect the priorities of our members, like urging governments to preserve or restore funding for fine arts education (at any level), declaring solidarity with fine arts (and other) students engaged in struggles elsewhere, or calling for arts-funding organizations to set their priorities to include opportunities for student and emerging artists rather than only established artists and organizations. We also meet with university administrators and deans in order to make all aspects of campus life as student-friendly as possible.

FASA is your Fine Arts Student Alliance and it is a valuable resource that you can tap into throughout your time here at Concordia. Don't hesitate to get—and stay—in touch with us! ★

Student Services

Yours to Discover...

Advocacy and Support Services

• International Students Office • Access Centre for Students with Disabilities • Centre for Native Education •

• Student Advocate Program

supportservices.concordia.ca

Counselling and Development

• Counselling and Psychological Services • Student Learning Services • Services for New Students

• Career and Placement Services • Student Success Program Centre • Psychotherapy Services

cdev.concordia.ca

Dean of Students

• Principle resource for student groups and their governing bodies

• Multi-faith Chaplaincy • Peer Support Program • Loyola Information Centre

deanofstudents.concordia.ca

Financial Aid and Awards

• Personalized in-depth assistance • Government Loans and Bursaries

• University Financial Aid Programs • On-campus Work Opportunities

financialaid.concordia.ca

Health Services

• Doctors and nurses with or without appointments • Sexual Health Information and Services

• Preventative Health Care • Immunizations and Pap Tests • Mental Health Services • Health Promotion

health.concordia.ca

Residence Life

• On-campus housing for first year undergraduate full-time students (Loyola and SGW Campus)

residence.concordia.ca

Recreation and Athletics

• Fitness Centre with state-of-the-art workout area and instructional programs (SGW Campus)

• Recreational and intramural programs (LOY Campus) • Gymnasium • Arena • Outdoor Playing Fields

athletics.concordia.ca



www.concordia.ca



Counselling and Development

<http://cdev.concordia.ca>

SGW Campus

1455 de Maisonneuve Blvd. West – H 440
514-848-2424, ext. 3545

LOYOLA Campus

7141 Sherbrooke St. West – AD 103
514-848-2424, ext. 3555

Career and Placement Services

2070 Mackay – EN 109
514-848-2424, ext. 7345



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